

AAG ACT NEWSLETTER – AUGUST 2019

Dear ACT AAG Members and Friends,

We are pleased to share with you the following updates:

1. Upcoming AAG Events:

- Eating & Ageing: Join us for an evening of eating together and talking about the impact of diet and nutrition in older age:
 - Speakers include Dr Diane Hosking (National Seniors Australia), Elizabeth Low APD (UC), and Dr Richard Cumpston (Australian Projections). The talks will cover nutrition and cognition in later life, food habits of older people living alone in the ACT, and malnutrition and drugs in aged care. This will be followed by a general discussion with audience participation.
 - The event will be held at the Wollemi Ethical Store & Café on Thursday, 22nd of August between 5:00 – 7:00 pm. Catered plant-based foods will be served. The cost is \$20 for AAG members & concessions and \$30 for non-AAG members.
 - Click [here](#) to register now!
- Upcoming AAG ACT events – details coming soon:
 - On the 24th of September we will be co-hosting an event at the National Gallery of Australia on ageing, dementia, and creativity.
- Save the dates for the 52nd AAG Conference, to be held at the International Convention Centre in Sydney from the 5th to the 8th of November:
 - The theme this year is “Coming of Age Together: New Ways of Knowing & Acting”. Registration information can be found [here](#).

2. Age-Friendly Canberra: A Vision for our City:

- During the second half of 2019, a series of consultation activities are underway to explore how the recently released *Age-Friendly Canberra: A Vision for our City* can be taken forward and translated into practical steps to ensure older Canberrans are recognised as valued members of our community and enabled to lead productive and active lives. The vision is available [here](#).
- As one part of that process, members of the ACT Ministerial Advisory Council on Ageing have been asked to undertake informal consultations with relevant local groups – and the AAG is definitely relevant! Diane Gibson, Chair of the Ministerial Advisory Council and member of the ACT AAG committee is inviting AAG members to an informal coffee conversation concerning this translation from vision to action plan.
- Diane will be at the University of Canberra Hospital coffee shop (on Level 1) between the times below. Please drop by if you are interested in these discussions anytime during the following times, or if you prefer you can email her on diane.gibson@canberra.edu.au:
 - Wednesday 28th August 9:00-10.30 am & Monday 2nd September 4.00-5.30 pm. Parking is easily accessible over the road from the hospital.

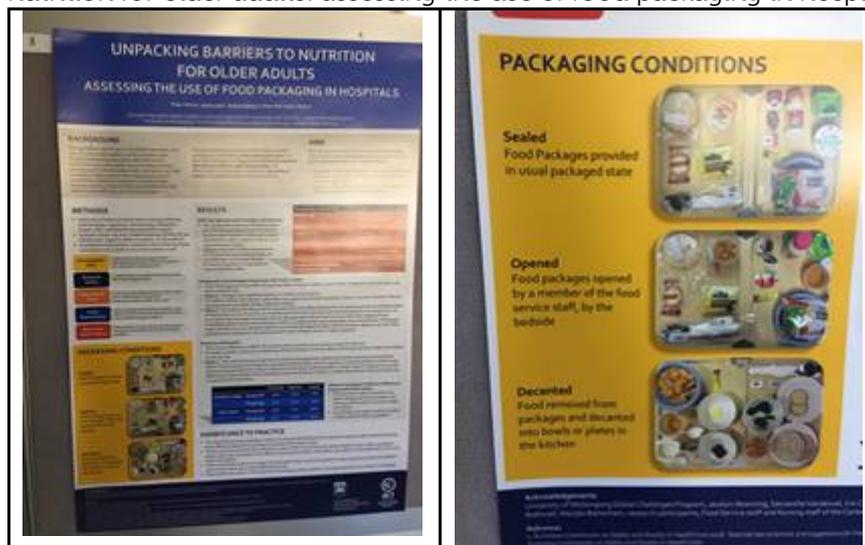


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3. Canberra Health Annual Research Meeting:

- The AAG ACT committee supported two prizes for work related to Gerontology at the annual CHARM meeting. In total, there 15 of the 92 posters accepted to the meeting were in the field of Gerontology. Congratulations are in order to:
 - 3 Minute Thesis Winner: Luke Bicket for his presentation on "Debilitating hip pain: where are they now?"
 - Best Poster Winner: Paige Hodson for her poster "Unpacking barriers to nutrition for older adults: assessing the use of food packaging in hospitals."



4. This month's "Community Spotlight": Community Café:

- Today is the first event of the Community Café at Burrangiri in Rivett, led by Nicole Smith. The aim of the Community Café is to provide a welcoming, fun and informative environment for people living with dementia and carers. The events will be held monthly and include music, reminiscence therapy, quizzes, inspirational and/or informational talks, pet therapy, intergenerational sessions and more. Community Café's for people living with dementia and carers have been shown to foster social and emotional support and prevent isolation. You can learn more about the new Community Café initiative [here](#) or follow the group on Facebook [here](#).

5. New Canberra-based podcast "Secrets We Share":

- Check out a new podcast with Frances Carleton where she speaks with clients and clinicians about mental health matters, what's worked, what hasn't, and what the future looks like. Listen to the podcast [here](#) or on iTunes, Spotify or Podbean.
- Also, get in touch with Frances if you are interested in featuring on the podcasts to talk about your work in the community about mental health impacts your work and life.



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6. Future events in the ACT and NSW:

- The Alzheimer's Association International Conference (AAIC) Satellite Symposium will be held at the Hyatt Regency between the 25th and 27th of September. More information [here](#).
- The International Research Network on Dementia Prevention (IRNDP) will be hosting a global forum on dementia prevention on the 14th & 15th of October in Sydney. More information [here](#).
- The International Workshop on Subnational Life Tables to be held between the 15th and 17th of October at the Australian National University. Find out more about the workshop [here](#).
- The 8th International Conference on Ageing and Spirituality is being held in Canberra between the 27th and 30th of October at Old Parliament House. More details [here](#).
- Policy Dialogue on Housing and Ageing at Level 2, JG Crawford Building 132, ANU) on the 18th of November. More details [here](#).

Warm Regards,

ACT AAG Committee

Want to become an AAG member? [Click here](#)